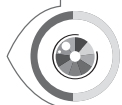




Go for It!



VOCABULARY

1. Choose two words or phrases to form collocations with the verbs in bold.

1. take up: a meal / a sport / photography
2. join: a club / friends for lunch / a restaurant
3. overcome: a problem / an illness / an argument
4. fail: an exam / a prize / an audition

2. Choose the correct answer. Pay attention to the underlined words.

1. Scientists are seeking answers to many questions. They discovered / don't know the answers.
2. Paula's make-up really enhances her eyes. They look terrible / beautiful!
3. That organisation is working to overturn anti-smoking laws because they support / oppose them.
4. Carol pointed out some mistakes in the first draft of my essay. I'm glad she corrected / noticed them.
5. Dan is struggling in maths this year. It's an easy / a difficult subject for him.
6. If they lengthen the school day, we'll spend more / fewer hours in lessons.
7. The queue advanced very slowly, but eventually more people arrived / it was my turn
8. Shelly's marks improved, so she's very happy / sad.
9. I beat my friend in the card game, so I was the winner / loser.

3. Complete the speech bubbles with a suitable collocation. Use the verbs *win*, *raise* or *set* and the words below.

table • prize • question • argument • date



4. Complete the sentences with the words below.

award • training • challenge • competition • request • endurance • speed • defeat

1. Jeff was sad after his **defeat** in the tennis match.
2. She's receiving excellent **training** at her new job.
3. He was driving at a very fast **speed** and nearly had an accident.
4. Did you e-mail a **request** for a meeting with the professor?
5. It was a **challenge** for such a young actor to play the role of an old man.
6. We participated in an art **competition** and won first prize.
7. Marathon runners have got great **endurance** – they can run for miles without stopping.
8. My friend is going to receive an **award** for rescuing the child who fell into the swimming pool.

5. Complete the passage with the words below.

devastating • superhuman • limb • throwing in the towel • accomplishments
champion • disability • unfair • willpower • achieved • medals

Natalie du Toit

Can you imagine the almost ¹ **superhuman** effort and the incredible ² **willpower** it takes to become a champion swimmer? Now, think of how much greater the effort must be for someone who has lost a ³ **limb**.

Natalie du Toit doesn't have to imagine any of this, because she lives it.

Du Toit, from Cape Town, South Africa, began winning national swimming championships when she was nine years old. At 14, she began to compete internationally, and in 2000, she nearly ⁴ **achieved** her goal of qualifying for the Olympics in Sydney, Australia.

In February 2001, shortly after her 17th birthday, du Toit was on her scooter, driving from swimming practice to school, when a motorist hit her. The ⁵ **devastating** accident led to the amputation of the lower part of her left leg. Instead of ⁶ **throwing in the towel** and saying that life was ⁷ **unfair**, du Toit returned to swimming as soon as possible.

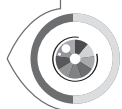
Despite her ⁸ **disability**, du Toit began to win ⁹ **medals** again in events for both able-bodied and disabled athletes. And in the summer of 2008, she added to her long list of ¹⁰ **accomplishments** by competing in both the Olympic Games and in the Paralympics in Beijing. She was 16th in the 10-kilometre open-water race in the Olympics, and won five gold medals in the Paralympics. Natalie du Toit is a real

¹¹ **champion** – both in the water and out!



6. Complete the sentences. Make them true for you.

1. I want to join **Accept all logical and grammatically correct answers.**
2. I usually **set my alarm**
3. It's important to have **strength** in order to
4. I once bought **equipment** for
5. I don't like to **deal with**



GRAMMAR

1. Choose the correct answer.

1. Did you go to the cinema lately / **last night** / never?
2. The band has been together since / **for** / recently ten years.
3. I haven't **ever** / this morning / never met Michael's girlfriend.
4. At the weekend, we took a city tour and **then** / already / recently visited friends.
5. We have ever / **just** / yesterday sold the last ticket to the school play.
6. Has Diana written to you last week / a month ago / **yet**?
7. It's been over a year **since** / for / already I met Marion.
8. Greg has yet / **never** / ever completed his homework on time!

2. Write a logical response with the words in brackets. Use the Present Perfect Simple.

1. Why are you standing outside?
(lose / my keys)
I **have lost my keys.**
2. She's not very fit.
(not exercise / for a year)
Well, she **hasn't exercised for a year.**
3. Should I tell you how the film ends?
(not see / it / yet)
No, I **haven't seen it yet.**
4. When did you get this car?
(have / it / since June)
I **have had it since June.**
5. You look familiar.
(never / see / you / before)
Really, I **have never seen you before.**
6. What time is it?
I don't know.
(your watch / stop / ?)
Has your watch stopped?

3. Choose the correct answer.

1. **A** Is this the first time you snow?
a. have ever seen b. saw
B No, I snow in the Italian Alps last year.
a. have seen b. saw

2. **A** Why Molly her driving test yet?
a. didn't ... take b. hasn't ... taken
B Because she driving for over a month.
a. hasn't practised b. didn't practise

3. **A** Don rugby when he was at school.
a. played b. has played
B Really? I wonder why he since then.
a. didn't play b. hasn't played

4. **A** Mark already the washing-up?
a. Has ... done b. Did ... do
B Yes, and he his room a few minutes ago.
a. has tidied b. tidied

4. Answer the questions by forming sentences with the words provided and the time expressions below. Use the Present Perfect Simple or Past Simple.

never • in 2004 • yet • since • ago

1. Do you want some coffee?
Yes, please! / I / not have / coffee / 10 o'clock
Yes, please! I haven't had coffee since 10 o'clock.
2. Why don't you want to taste this?
I / like / fish
I have never liked fish.
3. Have you ever attended the Olympics?
Yes, I / go / to / Athens
Yes, I went to Athens in 2004.
4. How long has James known Cara?
He / meet / her / three months
He met her three months ago.
5. Did you finish all your homework?
No, I / not write / my / essay
No, I haven't written my essay yet.

5. Rewrite the sentences using the words in brackets. Do not change the original meaning of the sentences.

- I last saw Barbara two years ago. (seen)
I haven't seen Barbara for two years.
- Is this your first visit to New York? (ever)
Have you ever visited New York?
- We don't know the election results. (heard)
We haven't heard the election results (yet).
- We got our dog in April. (had)
We've had our dog since April.

6. Complete the passage with the correct form of the verbs in brackets. Use the Present Perfect Simple or Past Simple.

LOCAL
SPORTS

Young Footballer
Speaks Out



Tom Logan ¹ **has played**
(play) football since he was six years old.
He ² **has been** (be) captain of a youth team
for the past two years, and he ³ **led**
(lead) his team to victory in last year's city
championships.

However, Logan is unhappy over the current state
of youth football. He believes that young players are
expected to devote too much time to the sport.

Yesterday, Logan ⁴ **brought** (bring)
the argument to the public when he
⁵ **appeared** (appear) on the *City Youth*
TV programme. "In the past few years, the league
⁶ **has scheduled** (schedule) too many matches, and
so the time demanded of young footballers
⁷ **has increased** (increase)," Logan said. "Too
many players ⁸ **have failed** (fail) mid-term
exams recently – which I'm convinced is due to not
having enough study time. Most players complain about
the lack of time for a social life as well. Other captains
and I ⁹ **have spoken** (speak) numerous times with
Youth League officials about this problem, but nothing
¹⁰ **has changed** (change) yet."

When contacted by reporters, Youth League officials
¹¹ **promised** (promise) to look into the
problem.

7. Correct the errors.

- Last week, I have taken up yoga.
Last week, I took up yoga.
- He performs all his life.
He has performed all his life.
- They haven't set a date for the wedding already.
They haven't set a date for the wedding yet.
- I haven't never beaten my friend at chess.
I have never beaten my friend at chess. / I haven't ever beaten my friend at chess.
- We have been friends since ten years ago.
We have been friends for ten years.

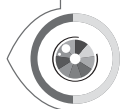
8. Translate the sentences.

- Have you ever overcome a fear?
¿Alguna vez has superado un miedo?
- I've just pointed out the problem to him.
Acabo de señalarle el problema.
- She hasn't broken a record yet.
Todavía no ha batido un récord.
- I have raised the issue several times.
He planteado el problema varias veces.
- He has struggled with a learning disability for years.
Ha luchado contra su discapacidad para el aprendizaje durante años.

Grammar Review 1 2 3 4 5 6 7 8 9

9. Complete the sentences with the correct form of the verbs in brackets.

- A: Why don't you ask Donna to set the table?
B: Because she **is watching** (watch) a DVD right now.
- A: Did you find what you wanted at Camden Jeans?
B: No. By the time I got there, the shop **had closed** (close).
- A: When did Mark go to the airport?
B: He **left** (leave) here at about noon.
- A: Were you scared the first time you drove on the motorway?
B: Actually, I **haven't tried** (not try) it yet. I'm too nervous.
- A: Is this your iPod?
B: No, it's not mine. I think it **belongs** (belong) to Danny.



READING

1. Read the first sentence in each paragraph of the blog. In which paragraph do you think you will find the following information?

1. the writer's opinion on doping ...1...
2. possible future limitations on testing ...3...

2. Now read the entire blog and check your answers.

3. Find words or expressions in the text that mean:

1. important (paragraph 1) ...major...
2. discussed (paragraph 1) ...debated...
3. not exact (paragraph 2) ...inaccurate...
4. indicated (paragraph 3) ...pointed out...
5. support (paragraph 4) ...back up...

4. Choose the correct answer.

1. In the past, Bob
 - a. used to be an athlete.
 - b. used to take performance-enhancing drugs.
 - ☒ c. was opposed to doping.
 - d. believed doping should be allowed.
2. According to two published articles,
 - ☒ a. doping tests aren't always accurate.
 - b. doping tests are fair.
 - c. performance-enhancing drugs are unreliable.
 - d. Floyd Landis' tests revealed no sign of artificial testosterone.
3. According to the *BMJ* article,
 - a. a lot of medical evidence backs up claims that steroids are dangerous.
 - ☒ b. there's a lack of evidence to support claims that steroids are unsafe.
 - c. all athletes who take steroids are supervised by their doctors.
 - d. steroids are dangerous.

5. Complete the sentences according to the text.

1. When there are big sports events, the media and fans ...debate the use of performance-enhancing drugs...
2. Compared to new drugs, detection tests ...are being developed slowly...
3. It may be impossible to develop a test ...to detect the genes...



BOB'S SPORTS BLOG

During major sporting events, like the Tour de France or the Olympics, the use of performance-enhancing drugs – or doping – is debated in the media and by fans. I used to oppose doping, but I've changed my mind. I now think adult athletes should be allowed to take performance-enhancing drugs if they want.

According to recent articles in the science magazine called *Nature* and the *British Medical Journal* (*BMJ*), the tests for performance-enhancing drugs can be inaccurate. However, this did not help Floyd Landis, who won the 2006 Tour de France. His test results showed that he'd taken a synthetic form of the hormone testosterone. He denied it. But still, he had to give up his title. How can this be fair if the tests are unreliable?

Many scientists have pointed out that new drugs are being developed faster than detection tests. And, in the near future, athletes could be genetically modified – that is, be given specific genes to improve their performance. It may not even be possible to develop a test to detect the genes. This will increase suspicions that already exist about the tests' reliability, according to *Nature's* article.

Further, according to the *BMJ* article, there's little medical evidence to back up the claims that performance-enhancing drugs, such as steroids, are dangerous. However, what can be dangerous, according to many experts, is the current situation – that some athletes take performance-enhancing drugs secretly and without medical supervision.

Today, so many people are having cosmetic surgery and taking medication to improve mental and physical health. Therefore, we shouldn't deny athletes the chance to enhance their performance with drugs in a safe, medically supervised way.

Posted by Bob Doyle at 14/12/2008 3:02 PM // [Add Comment](#)
Tags: [Ball](#), [Sports](#), [Fans](#)

WRITING

1. Write the words in the correct order to form sentences. There may be more than one correct answer.

1. these / sunglasses / how much / do / cost / ?

How much do these sunglasses cost?

2. angrily / Mark / last night / the party / left / .

Mark left the party angrily last night. / Last night, Mark left the party angrily.

3. am listening / to music / now / outside / I / .

I am listening to music outside now.

4. study / at school / he / does / hard / every day / ?

Does he study hard at school every day?

5. mum / cake / I / baked / yesterday / for / my / a / .

I baked a cake for my mum yesterday. / Yesterday, I baked a cake for my mum.

2. Read the first paragraph of the biography. Underline the sentence with an error in word order. Rewrite the sentence correctly.

Fernando Alonso Diaz

In the competitive, dangerous sport of high-speed Formula One motor racing, Fernando Alonso Diaz is a star. He became the youngest driver to win in 2005 the World Drivers' Championship title.

He became the youngest driver to win the World Drivers' Championship title in 2005.

3. Read the rest of the paragraphs in the biography. Number the paragraphs in the correct order.

4. Since then, Fernando's career has been highly successful. He also, however, experienced what every racing driver fears – a high-speed crash. Luckily, he survived.

2. Fernando was born in Oviedo, Asturias, Spain, in 1981. His father was an amateur kart racer and encouraged his son's interest in the sport. By the time Fernando was 17, he had won major karting competitions.

5. Despite all this success, he seems to know what's really important in life. He is a Goodwill Ambassador for UNICEF. And, when he won the World Drivers' Championship title for the first time, he dedicated it to his family and friends.

3. From karts, he graduated to racing cars. He competed in his first car races in 1999, setting a new speed record. In 2000, he competed in Formula 3000. He finished second in one race that season and won another, allowing him to become a Formula One driver in 2001.

Your Task

- Write a biography of a famous person from your country that you admire. Use 100-150 words.

WRITING YOUR BIOGRAPHY

1. Brainstorm your biography.

- Choose a famous person. Think of someone who is interesting or special in some way.
- Use the Internet to find information. Start by using a search engine such as Google.
- Look at several sites and find two or three that contain the information you want.
- Make a list of the facts and information you found. Decide which facts to include.

2. Organise your ideas. Use the model in Exercises 2 and 3 and the plan below to help you.

PLAN

Opening: State who the person is / was and what they are famous for.

Body: Write about the person's early life, career developments and achievements.

Closing: Sum up the person's achievements. Include their future plans if you know them.

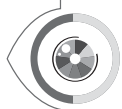
3. Write a first draft.

4. Use the checklist to check your work. Then write a final draft. **Accept all logical and grammatically correct answers.**

CHECKLIST

- ✓ I followed the plan for a biography.
- ✓ I used correct word order.
- ✓ I put the information from the Internet into my own words.
- ✓ I checked grammar, spelling and punctuation.





Progress Check Unit 3

Vocabulary

1. Replace each word or expression in bold with a suitable word or expression below. Make any necessary changes.

have a head start • break the record
take up • seek • win the argument • unfair
beat an opponent • achieve • willpower

- The local tennis club is **trying to find** a new coach for its youth team.
seeking
 - The aim of the game is to **defeat** the other player.
beat an opponent
 - He **succeeded in** getting what he wanted.
achieved
 - Sheila **started** knitting last year.
took up
 - Henry didn't give up until he **convinced everyone that he was right**.
won the argument
 - It takes a lot of **self-discipline** for a chocoholic to give up chocolate.
willpower
 - I thought the decision was **not justified**.
unfair
 - I **began before everyone else**, so I was the first to finish the project.
had a head start
2. Complete the sentences with a suitable collocation. Use the verbs **set**, **raise** or **win** and the words below.
- the issue • the salaries • a date
a precedent • the competition
- Mr Jones decided to **raise the salaries** of all his employees last year.
 - Although he tried his best, he didn't **win the competition**.
 - Barack Obama **set a precedent** when he became the first African-American president.
 - We want to **raise the issue** of teenage drivers at the next council meeting.
 - They **set a date** for the end-of-year party.

Grammar

3. Complete the sentences with the correct form of the verbs in brackets.

- I **haven't got** (not get) my driving licence yet.
- Julia **bought** (buy) a new iPod last year.
- Have** you ever **taken part** (take part) in a reality show?
- Why **did** they **leave** (leave) so early last night?

4. Complete the passage with the correct form of the verbs in brackets. Use the Past Simple or Present Perfect Simple.

Paula Radcliffe ¹ **has been** (be) a runner all her life, but her career ² **hasn't always gone** (not always go) well. On the one hand, in 2008, Paula ³ **became** (become) the second woman to win the New York Marathon three times. On the other hand, she ⁴ **hasn't achieved** (not achieve) her ultimate goal yet. Paula ⁵ **failed** (fail) to win in the last two Olympics. She thought she could win in Athens in 2004, but she ⁶ **didn't reach** (not reach) the finish line. Then an injury ⁷ **prevented** (prevent) her from preparing properly for the Beijing Olympics, where she ⁸ **came** (come) 23rd. However, she ⁹ **hasn't given up** (not give up). "The Olympics is something that I ¹⁰ **have dreamt / have dreamed** (dream) about since I was a little girl," she says.

Writing

5. Correct the errors in word order.

- Does the teacher give you always homework?
Does the teacher always give you homework?
- Why haven't you my book given me back?
Why haven't you given me back my book?
- Sharon brought her dog yesterday to school.
Sharon brought her dog to school yesterday.

Progress Check Units 1-3

Vocabulary

1. Write T (True) or F (False) for each sentence. Correct the false sentences.

- F** 1. An open-minded person never changes his mind.
An open-minded person may / might change his mind.
- T** 2. All living creatures breathe.
- F** 3. An acquaintance is someone you know very well.
An acquaintance is someone you don't know very well.
- F** 4. When you hesitate, you react quickly.
When you hesitate, you react slowly.
- T** 5. Protective clothing prevents injuries.

2. Complete the passage with the correct form of the words and expressions below.

challenge • realise • endurance
 survive • lucky to be alive
 seriously injured • join • single

Touching the Void is a book about ^{1.} **endurance** and determination, as well as a great deal of luck. Written by Joe Simpson, the book tells how he and a friend, Simon Yates, climbed a 6,300-metre mountain in the Andes, Peru. This was quite a ^{2.} **challenge**, since it had never been done there before. They made it to the top in a terrible snowstorm. Coming down the mountain, they were tied together by a ^{3.} **single** rope. Joe slipped and broke his leg. He was **seriously injured** ^{4.} and couldn't go on. Simon ^{5.} **realised** he needed to help him down, so he lowered Joe 90 metres at a time. Once, Simon lowered him too far and Joe was left hanging over the cliff, almost pulling Simon off the mountain. It was a painful decision to make, but Simon cut the rope, sending Joe down the mountain to his death. But Joe ^{6.} **survived**. He knew he was ^{7.} **lucky to be alive**. In great pain, he crawled down the mountain and ^{8.} **joined** his friend four days later. Joe says that in Simon's place, he would also have cut the rope.

Grammar

3. Complete the sentences with the correct form of the verbs in brackets.

1. Where **were** you **sitting** (sit) when the lesson began?
2. My brother **delivers** (deliver) newspapers very early in the mornings.
3. **Are** you **coming** (come) to the festival tonight? It'll be fun.
4. Mark **slept** (sleep) through the entire concert last night.
5. The mechanic **had repaired** (repair) my car by the time I arrived.
6. Jane **hasn't lost** (not lose) a game of tennis yet.
7. I **don't understand** (not understand) what you're saying to me.

4. Rewrite the sentences using the words in brackets. Do not change the original meaning of the sentences.

1. How long has Paul been a lawyer? (When)
When did Paul become a lawyer?
2. This is my first time at a hockey match. (never)
I've never been to a hockey match.
3. Vera is in the middle of her homework. (now)
Vera is doing her homework now.
4. Harriet cleaned the house. Then the guests arrived. (by the time)
Harriet had cleaned the house by the time the guests arrived.
5. What's your opinion about this idea? (think)
What do you think about this idea?

Writing

5. Choose the correct answer.

1. There was silence when, **suddenly** / eventually, there was a terrible scream.
2. We won the match **after** / then I scored a goal.
3. He doesn't carefully listen / **listen carefully**.
4. I joined yesterday a sports club / **a sports club yesterday**.